



**GREEN
CHEF**

SESAME-GINGER BAVETTE STEAK & SHRIMP

cauliflower "rice" with cabbage, boom boom sauce, sesame seeds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

990

NET CARBS PER SERVING

19 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Surf 'n' turf meets hibachi-style cooking for this twist on a steakhouse classic. Bavette steaks are seared to form a perfectly browned crust, then drizzled with our savory sesame-ginger amino sauce. They're sliced and served over aromatic cauliflower "rice" along with succulent salt-and-pepper shrimp. On the side, there are tender roasted green beans and our extra-special boom boom sauce—a creamy, spicy concoction that complements everything on the plate. The dish is finished with crackly black and white sesame seeds. For extra-nutty flavor, try toasting the seeds in a pan until lightly golden (look at the white ones to check for doneness).



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (9 ITEMS)

6 oz **Green beans**
 3½ oz **Cabbage**
 2 (5 oz) **Bavette steaks***
 1½ oz **Sesame-ginger amino sauce** **T**
 6½ oz **Cauliflower "rice"**
 2 oz **Yellow onions**
 & ¼ oz **& ginger**
 10 oz **Shrimp**** **SH**
 2 oz **Boom boom sauce** **E T**
 1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

medium & large sauté pans
 baking sheet
 medium bowl
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (coconut)
SH SHELLFISH (shrimp)
E EGGS

*Steaks are fully cooked when internal temperature reaches 145 degrees.

**Shrimp are fully cooked when internal temperature reaches 145 degrees and they're pearly and opaque in the center.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat and shellfish. Consuming raw or undercooked meat or shellfish may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Trim stem ends off **green beans**.
- Roughly chop **cabbage*** if necessary.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & COOK STEAKS

- Pat **bavette steaks** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat until shimmering. Once pan is hot, add **steaks**. Sear 5-6 minutes on each side, or until fully cooked (or to desired doneness). Remove from heat.
- Add about half of the **sesame-ginger amino sauce** to pan. Turn **steaks** to coat.
- Transfer **steaks** to a cutting board. Let rest at least 3 minutes. (Wash out pan.)

3 SEASON & ROAST GREEN BEANS

- Place **green beans** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **green beans** out in a single layer. Roast 8-10 minutes, or until fork-tender, stirring halfway through.

4 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower "rice," cabbage**, and **yellow onions and ginger** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until cauliflower is tender, stirring occasionally.
- Add remaining **amino sauce**. Cook 2-3 minutes, or until sauce has slightly thickened.

5 SEASON & COOK SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with salt and pepper. Stir to coat.
- Heat about 1½ tablespoons cooking oil in pan used for steaks over medium-high heat. Add **shrimp** to hot pan. Lightly season with salt and pepper. Cook 5-6 minutes, or until fully cooked, stirring occasionally.

6 PLATE YOUR DISH

- Cut **steaks** against the grain into 5-7 slices each.
- Divide **cauliflower "rice"** between plates. Shingle **steak** over top. Serve **shrimp** and **green beans** on the side. Drizzle shrimp with most of the **boom boom sauce**. Drizzle remaining **sauce** over entire dish. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (633g)

Amount per serving

Calories 990

	% Daily Value*
Total Fat 79g	101%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 265mg	88%
Sodium 2210mg	96%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 0mcg	0%
Calcium 178mg	15%
Iron 7mg	40%
Potassium 1097mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Bavette Steaks [beef bavette steak], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Shrimp** [shrimp, water, sodium bicarbonate, citric acid, salt], **Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes), **Cauliflower**, **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Green Cabbage**, **Red Cabbage**, **Green Beans**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Tree Nuts, Egg And Shellfish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.